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A PRIMARY COOK BOOK,

BY

MRS. PUTNAM,

FOR

New Beginners in Housekeeping.

RECEIPTS SUITED TO THE TIMES.

"The world has not yet learned the riches of Frugality."—CICERO.

SECOND THOUSAND.

LORING, Publisher,
319 Washington Street,
BOSTON.
1862.

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ESTATE OF
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PRIMARY COOK BOOK.

I HAVE been solicited by a gentleman, who is always engaged in promoting the pleasure and instruction of all with whom he comes in contact, to write a book for young people who wish to begin housekeeping on small means, — that they may have a home of their own where they may preach and practice to suit themselves, instead of marrying and going to a boarding-house, which is but half way "settled in life," as getting married is termed.

I will begin by giving my advice to a young woman in whom I take a great interest. She has not had a home for many years; she has earned her own living very

comfortably, and has always been respected by her employers. She has an opportunity of marrying a very worthy young man, who bids fair to rise in the world.

If I am very plain you will know it is all for your advantage; perhaps you will think I am inclined to be mean, but I shall advise you to be very economical at present. Now you wish to do your own work, this is beginning as people did in old times; it will be good for your health and happiness. You will have no one to trouble you by half doing what you want well done. "But," you say, "how am I to know how to do well?" I will try to tell you.

In the first place your husband will feel it his duty to provide you with all he can, by his industry, to make the house comfortable. In return, you must feel your duty is to do all you can to make yourself an agreeable companion, and by your faith-

ful care of what he provides, and constant attention to his comfort, try your best to make his home so pleasant that he will not care to go elsewhere.

You think part of a house enough to take care of at present, — you do not want any more room than is necessary; then I think three rooms sufficient, — a parlor, chamber, and kitchen. You wish to furnish your kitchen neatly, that you may take your meals there, as most convenient when you do your own work, and besides, you will only be obliged to have one fire at a time. In so doing you will save a great deal, as fuel is a great item in one's expenses. We will have a small range, or cooking-stove; there are very many of the latter on a small scale which are very convenient, and burn but little fuel. In the parlor we will have a nice grate; and in the chamber an air-tight stove is very economical and convenient. To make a fire

in it take an old newspaper and four small sticks of *dry* wood, this is the best way to heat a room quickly; if you wish a fire all day or night, put a few sticks of not very dry wood, when it is fairly burning shut the damper, and it will keep your room quite warm enough. I think well of this in case of sickness, when you would wish to get ready without much trouble. For the parlor fire, have a little light wood split fine, put the paper at the bottom, then the wood, then a lump of soft coal if you have it. When you wish to have a fire just light the paper, and you have no more trouble; if you wish to put on more coal use hard coal. This is the cheapest and best fire you can have. It is of great importance to have your house warm, and a clean hearth is one of the brightest spots in it.

Let us begin to furnish now. We will go to the kitchen first, as that is the main-

spring of the comfort of housekeeping. I like a yellow-painted floor and maple-colored furniture, as it keeps nice longer than dark. We will suppose the range or stove furnished with usual utensils. Here is a list of articles needed for the kitchen:

Coal hod.
Shovel.
Tongs.
Poker.
Pail for ashes.
Tea-kettle.
Two pots.
Frying-pan.
Two saucepans.
Small coffee-pot.
Gridiron.
Griddle.
Meat-pan.
Bread-pan.
Two cake-pans.
One 6-quart tin pan for mixing bread.

One 4-quart tin pan for washing meat, &c.

One 4-quart tin pan for ordinary purposes.

One 2-quart tin pan for do.

One 1-quart tin pan for do.

Tin bread-box.

Tin cake-box.

One-pound canister for coffee.

One-pound canister for tea.

Tin is cheaper than earthen ware for kitchen use. If you have a range you will need a small tin roaster or kitchen.

Skimmer.

Flour-box.

Pepper-box.

Salt-box.

Case-knife.

Two common knives and forks.

One pair small steelyards.

One knife-tray.

Egg-beater.

Egg-slice.
Bread-board.
Rolling-pin.
One large iron spoon.
Two small iron spoons.
Four tin plates for pies.
Earthen pot for soap-grease.
Wooden soap-dish for sink.
Clothes-horse.
Clothes-basket.
Clothes-line.
Four dozen clothes-pins.
Three good sized tubs.
One foot-tub.
One dish-tub.
One small tub for cups.

Wood is much the best to wash dishes in, as tin or earthen ware chips them.

A bean-pot and pudding-pot, both either earthen or iron.

A soft broom or a turkey-wing for the range.

For dishes, a set of britannia coffee, tea, and water pots, cream-pitcher and sugar-bowl.

Half-dozen cups and saucers.

Half-dozen large plates.

Half-dozen second size plates.

Half-dozen third size plates.

Four soup-plates.

One small soup-tureen.

One large dish, 16 inches.

One or two dishes, 12 inches.

One or two dishes, 10 inches.

One or two covered dishes.

One or two small deep oval dishes.

One butter-boat.

One gravy-tureen.

One comport-dish.

One slop-bowl.

Two common bowls.

Three pitchers, different sizes.

One pudding-dish.

All blue or white China or English ware.

A small caster,
Half-dozen tumblers, } Pressed glass, not cut.
One or two salts,

One pine table three feet by two, with legs painted maple and the top plain, for cooking purposes. Another, three and a half feet, with leaves for a dining-table. Have a nice oil-cloth for this for breakfast, but always have a white one for dinner.

Four chairs.

A common clock that will keep good time, for punctuality is of great importance.

Three tablecloths, six napkins, and six doylies will do.

Three rollers.

Six dish-towels.

Two dish-cloths.

Two floor-cloths.

One holder for range.

One holder for ironing.

PARLOR FURNITURE.

One sofa.

Four small chairs.

Two large ones.

A centre-table, suitable for a tea-table.

A slab put up with brackets. This is as cheap as anything that looks as well.

A bookcase, or something to answer the purpose.

A work-table, with writing apparatus attached, if you have not a bookcase.

Shovel, poker, tongs, and hearth-brush.

A looking-glass. A small oval one looks better than a small square one.

BEDROOM.

A pretty, painted chamber set, can be bought very cheap. A bureau, bedstead, washstand, table, and four chairs for $20. An oval glass, painted frame, or a glass on the bureau.

One shock mattress.
One hair mattress.
Two blankets.
Two bureau-covers.
Six pillow-cases.
Two hair pillows.
Two feather pillows.
Two quilts.
Six sheets.
Twelve towels.

This will do to begin with. Carpet-broom, dust-pan, and an old silk handkerchief for dusting.

Now your house is furnished, you are expected to keep it in nice order. I shall be very minute in my directions, for that is what I suppose you want.

When you rise, *early* in the morning, open your window, take off the clothes and turn your bed. Your husband will light the fire, and as splitting wood is very good

exercise, while you are getting breakfast he had better split up some kindling for the next morning, and bring up a hod of coal. By that time you will have breakfast ready, and you will both have an appetite. All is pleasant, and he goes to his business. You are now to set about your work to make all things comfortable for his return. Wash the dishes, sweep up the floor, put everything in its place, then brush your parlor, prepare the fire as I told you before, wash the hearth, and dust everything well, for neatness gives a great charm to your house. Next, make your bed, empty the slops, be sure to wash your bowl, &c., that you may feel all is done there. Then to market. There are so many market shops you can easily get what little you want. Prepare your dinner, — I will give directions for cooking in another place. Be sure and have everything ready by the time set for your dinner

hour; if you do so your dinner will be cheerful, but if your husband is obliged to wait, and is annoyed by it, then everything is spoilt. After dinner fill your teakettle, set it on the kitchen fire, which is low, (if it does not quite boil by teatime set it on the parlor fire a few moments,) light the fire in the parlor. At teatime set your table in the parlor. After tea put away the things, and prepare the kitchen fire for the morning. You will be more at ease now than if you had any one in the kitchen.

Monday is the general washing-day, but when you do your own work I think Tuesday is the most comfortable, because Sunday night you do not want to be troubled with picking up your clothes. You want one day for sweeping and cleaning thoroughly. Monday is the best day, then you can pick up your clothes and put them in soak, as it saves time and cloth.

Tuesday — washing-day. If you know a poor woman who needs the work, it will save your strength to have her a few hours to wash. Have everything ready and the water hot, and while your woman is washing you can make the starch and rinse the clothes; this will save time, and time is money always. Your woman will wash the floor for you. When your clothes are dry, fold them nicely, they will iron better and easier for being folded over night. If it is freezing weather do not starch them until you fold them, as frozen starch does not iron well.

Wednesday — ironing-day.

Thursday. — Fold your clothes, and if there is any mending do it before you put them away.

Friday. — Do what baking or anything extra you have to do.

Saturday. — Have your poor woman come and clean your entry, stairs, and

kitchen, and black your stoves. Have everything ready when she comes, and she can accomplish all in a little while. Have the water hot, pail, scrubbing-brush, and cloths all in readiness for her. An essential thing in housekeeping is to "have a place for everything and everything in its place" in every part of the house, then you can have no trouble in being ready for your woman. Prepare what you can for your Sunday dinner, that you may be able to go to church in the morning, and not let your husband think that you are any more discomposed with your cares than he with his business.

Now I have told you how to work, I will give you a few hints about marketing, and then for cooking.

If you wish to buy a piece of corned-beef, you will get about five or six pounds, brisket or rataran is the best part for so small a piece; see that it looks clean and

bright, — a dark, stringy piece is not what you want; it should have been in the pickle a week at least.

Salt pork must be white and firm when pressed by the finger; for frying it must be all fat, for boiling rather lean.

Beef should be well mixed, fat and lean, and bright red.

Veal should be white-looking, the fat very white.

Mutton, short legs, white fat.

Lamb, clear white fat, and a thin skin over the meat.

Chickens I try by putting my thumb and finger just under the wings; if the side bones crack quickly, they are tender.

Turkey I try the end of the breast-bone, if it bends easily they are young. I like a cock turkey to roast, and a hen to boil.

Fish, I always look at the gills, if a bright red they are fresh, if not I do not buy.

Butter, you must tell by your taste.

Eggs, if they look clean and nice I think a sign they are fresh.

Now for the cooking.

Monday. — A piece of corned-beef, five or six pounds, wash it in cold water, put it into a pot with six quarts of cold water; just before it boils you will see a thick scum rise to the top, skim this all off; after the water begins to boil let it boil four or five hours. Then take the meat out, put it into a tin pan, place a tin sheet on top, and set some flatirons on it to press out the water. Boil a small cabbage with the beef one hour. If you use carrots, turnips, or parsnips, boil them with the beef. Put three beets into another vessel, and boil them three hours.

Tuesday. — Have for dinner the cold corned-beef. Chop up all the cold vegetables and fry them with a little of the fat

you took from the water the beef was boiled in. (When you boil corned-beef set the pot away until the next day; the fat which will cool on it is good to fry those vegetables with; but do not use it for anything else, as it will taste of cabbage; so, if you do not use it for that purpose put it into the soap-grease.) Stir the vegetables while frying. When quite hot add a tablespoonful of vinegar. This is very nice with cold corned-beef, and, with a pie, makes a very good dinner.

Wednesday. — As it is ironing-day you have a good fire. Pork is as good roasted in the oven as in a tin kitchen. Take about six pounds of spare-rib, put it into the meat-pan with half a teacup of water. I believe there is a little grate or trivet that comes with a meat-pan, if not you must have one to lay the meat on to keep it from the bottom of the pan, or it will be apt to burn. Dredge on to the pork a little flour, pepper,

and salt, and a little sprinkle of dry sage if you like it. Set it into the oven, shut the door for half an hour. Take out the meat and baste it with the gravy that is in the pan. By basting I mean thus, turn the gravy on with a spoon. Put the meat back and leave the oven door open a little. Dredge it with flour once every half hour till it is done; say, from two and a half to three hours. Try it by sticking a fork into it; if it is done the gravy that comes out with the fork will look white. Turn the fat from the gravy, leaving about half in the pan. Add to the gravy a half cup of hot water; mix a tablespoonful of flour in a little water to make a thickening; stir it into the gravy. Let it just boil, stirring all the time. Turn it into the gravy-dish. Any kind of vegetable is nice with roast pork.

Thursday. — Cold roast pork, baked potatoes, and an apple-pie.

Friday — Is usually fish-day. A piece of fresh cod of four pounds, a piece of halibut, or fresh mackerel. Rub a little salt over it and wash clean in cold water. Flour a piece of cotton cloth, (kept for the purpose,) pin the fish up tight, put it into boiling water; after it begins to boil let it boil thirty minutes. Mackerel takes about twenty minutes. Serve with drawn butter made as follows: Take about two tablespoonfuls of butter, shake on to it some flour, stir them together with a spoon; put it into a small saucepan, turn in half a teacup of boiling water, stir it until the butter is melted and quite hot. Have a hard-boiled egg chopped fine with a knife, add it to the butter; turn into your butter-boat or gravy-dish. Salt fish should be put into soak Friday night.

Saturday. — What is left of Friday's dinner is very nice for breakfast, with a few potatoes chopped fine, fried in the cold butter. After breakfast, wash your salt fish

clean, put it into cold water, and set it on to the fire where it will get scalding hot, but not to boil. About an hour before dinner wash it again, put it into clear cold water; let it boil half an hour. Potatoes and beets are the vegetables. Serve with drawn butter; and what is very nice with salt fish, take some fat salt pork cut in small pieces about the size of dice, put them into a frying-pan, stirring often until a light brown. This makes a nice gravy, and is very good to warm the fish in.

Now, to make good mince-fish or fish-balls,— after dinner pick out all the bones, chop the fish very fine; if for mince-fish, chop the potatoes, set them away till morning on a separate plate; if for fish-balls, mash the potatoes, mix the potatoes and fish together, form them into balls, set them away. In the morning put about a gill of fat into a frying-pan, let it get very hot, fry the balls a nice brown. For mince-fish, put

half a gill of fat into a saucepan, mix the fish and potatoes well, put them into the hot fat, stir it up; add a piece of butter half the size of an egg, half a cup of boiling water; stir this very often until very hot; if you like it brown let it stand ten minutes. Turn it out on a dish.

If you are to have baked beans, put a pint of beans to soak, in soft water, Friday night or Saturday morning. Let them stand where they will keep warm several hours; then wash them out of that water and put them into a pot with water enough to a little more than cover them; let them boil gently until soft, and the hulls come off. Wash them clean in cold water. Have about one pound of salt pork cut in even gashes, or, as I call it, scored. Put them into the bean-pot, set the pork into the top; settle it into the beans so the rind is just above them. Fill the pot, that is to say cover the beans with cold water. You

may put into the water a tablespoonful of molasses, if you like. Set this into your oven over night. Have a little fire covered up with ashes, so it will just keep a little heat. After breakfast, Sunday morning, see that the beans are covered with water; leave them in the oven until dinner time.

To make an Indian pudding, take a quart of milk, — boil half of it, stir into it one teacup of Indian meal, half a cup of molasses. Let it stand to cool. Put half a cup of chopped suet, if you have it, if not a small piece of butter will do, into the pudding-pot, turn in the boiled milk and meal, half a teaspoonful of salt, add the cold milk, stir them up well. Set it into the oven at the same time you do the beans, and you will have a nice dinner for Sunday.

We will try a little change for the next week, as what one likes another does not.

Monday. — We will try a piece of roast beef — we must remember the economy.

You can buy a nice rib for four cents a pound less than sirloin; or the thin end of the sirloin is just as good beef, but no tenderloin; this will answer, as five pounds is as small as will roast. Put this into your tin kitchen, if you have one, if not put a little water in the pan. It will take an hour and a half to roast. Turn it often until nearly done. About twenty minutes before dishing sprinkle on a little salt, dredge it with flour, and baste it with gravy from the tin. Make the gravy the same as for roast pork; if you want it dark-brown put in a teaspoonful of soy.

Tuesday. — Cold roast beef, baked potatoes. Boiled rice with butter and syrup.

Wednesday. — About two pounds of mutton-chop broiled, baked or boiled potatoes, — a dish of apples.

MUTTON-CHOPS.

The butcher will take out the bone and roll them, or cut each bone separate, as you like. Place the chops in an upright gridiron; let them broil about ten minutes, turn them two or three times while broiling; when done, have ready a hot dish with a piece of butter the size of a nut, sprinkle on to it a little pepper and salt; turn the chops over on the dish two or three times, until well seasoned.

Thursday. — A small breast of veal roasted, with potatoes, or any kind of vegetable.

VEAL.

Take a nice fat breast of veal, lay it into the baking pan; turn over it a quart of boiling water, let it cook half an hour; turn off half the water, dredge on a little salt and flour, let it bake an hour, dredge

it with flour and butter, let it bake half an hour. Dish it, make the gravy by adding a little flour ; give it one boil, serve it in a gravy tureen.

Friday. — Cold roast veal. A pie.

Saturday. — Minced veal. Half a pint of oysters fried.

Sunday. — In winter, when poultry is as cheap as anything, a chicken-pie, baked on Saturday, is very nice for dinner, with a dish of apples.

CHICKEN PIE.

Take a chicken weighing two pounds, cut the legs and wings off ; cut the breast in four pieces ; separate the back-bone ; clean the liver and gizzard ; wash all clean in cold water. Put into a small saucepan three or four slices of fat pork, to fry ; when fried, lay in the chicken, add a pint of water, let it boil twenty minutes ; take

up the chicken. Have a strip of crust rolled out thin, put it round the sides of the pie-dish; lay in the chicken, now season the gravy with pepper and salt, a very little sweet marjoram, or a little mace, turn it over the chicken, cover with a paste crust. Wet the paste on the edge of the dish with cold water before you put the top crust on, that they may adhere; cut a small slit in the top, that the gravy may not boil over while baking. Bake it about three quarters of an hour.

To make a good pie-crust, take four ounces of butter, and the same of good lard, mix them together with a knife, that is, put them in a bowl together, and cut them up with a knife till well mixed; have ready a pound of sifted flour, add it to the butter, and with the knife mix them together well, wet it with a cup of ice-water, or enough to mix the flour and butter together well. Turn it out on to the

paste-board, roll it, and lay it together again; do this two or three times, and your paste is ready.

Monday. — A fried veal cutlet; a slice from the leg is best.

VEAL CUTLET.

Fry three or four slices of salt pork, a nice brown; take out the pork. Have the veal cut in pieces about half the size of your hand, wiped clean and dry. Dredge on a little flour, or dip them into egg and roll them in fine bread crumbs. Lay them into the fat while hot; fry slowly until they are a nice brown. Dish the veal; dredge into the gravy a little flour, sprinkle in a little salt, add half a teacup of hot water; set it on the fire, stir it all the time till it just boils; turn it quickly on to the veal, lay your pork round the dish. Any kind of vegetables.

Tuesday. — Cut up what you have left of the veal in small bits, put it into a frying-pan with the cold gravy and a little pepper; stir it round often until well heated through. Put a handful of macaroni in a quart of cold water, let it stand about half an hour; set it on the fire and let it boil half an hour, add half a teacup of milk, let it boil ten minutes; by this time the water and milk is boiled away. Dish it, sprinkle a little salt over it, stir it up. Turn your veal into the middle of a flat dish, lay the macaroni around it.

Wednesday. — A broiled beef steak.

BEEF-STEAK.

Take a slice of rump or sirloin about one and a half pounds, put it into an upright gridiron before a pretty quick fire, turn it first one side and then the other to the fire, two or three times, that it may not dry up. It will take about fifteen minutes. Have a

hot dish ready with a small bit of good butter, pepper, and salt. Take your steak on to the dish and turn it over until it is well seasoned, or the butter melted. Serve it hot with baked potatoes.

Thursday. — Roast chicken.

ROAST CHICKEN.

First singe all the hair off them; take out everything you find inside, wash them clean in cold water, not letting them lay in it. Put them on a dish to drain while you make a stuffing. Take a large cupful of bread crumbs, some pepper, salt, a little sweet marjoram, one egg, and a small piece of butter, mix them together; put it into the crop of your chicken, sew it up; truss the chicken by tying the legs together, and then tie them to the rump of the chicken. Truss the wings by putting them close to the body, and passing a skewer

through the whole, that is to say, the wings and body. Spit them and roast them about an hour, baste them with a little butter, dredge with flour; turn the spit often, that they may be a nice light brown. The liver, neck, and gizzard are to be washed; when you put the chickens to roast, put them into a small saucepan, with some water, to boil. When the chickens are done, braid up the liver with a knife, put it into the water it was boiled in, turn all the gravy from the tin kitchen in with it, add a little butter and flour, stirring all the time, give it one boil. Send it to table in a gravy dish.

This seems a great deal of trouble for two persons, but after you have learnt to cook them you will find it looks more on paper than it actually is. A turkey is cooked in the same way, and what you cook on one day will be nice cold the next, with a nice little dessert. In winter, I find poul-

try is as cheap as anything; and frozen turkey and chickens much cheaper than fresh. Just lay them into cold water for about an hour, and they are almost as nice as if never frozen. You know we wish to be prudent, and that is why I advise you to cook enough meat at one time for two dinners; it is better than always broiled or fried meats. And you would find beefsteaks and mutton-chops quite expensive living, that is, if you bought good meat. If your cooking is well done, a slice of cold meat, neatly served with hot vegetables and a little pudding or pie, makes a very nice dinner.

RECEIPTS FOR COOKING.

TO MAKE BREAD

TAKE a quart of flour, half a gill of yeast, one teaspoonful of salt, and a quart of water; stir this up with a spoon until well mixed. Put the flour into the pan; make a hole in the flour, turn in the yeast, put in the salt, add the warm, not hot water, a little at a time until it is a thick batter. Let it stand in a warm place to rise. When this sponge, as it is called, is all of a foam, add as much flour as you can mix in with your hand. Let it stand till the bread rises quite light. Turn it out on to the bread-board, knead it well with your hands. Rub the pans with a little butter; put in the bread; fill the pan about half full; set it

on the range until it rises again; put it in to bake. This will make two good-sized loaves. It will require one hour to bake. When you take it out of the oven, strike it with your knuckles; if it is done, it will ring, if soft, put it back into the oven.

INDIAN JOHNNY, OR HOE-CAKE.

Take a quart of fine, yellow meal and one teaspoonful of salt; turn on boiling water enough to just wet the meal; stir it up well; let it cool a little, wet your hands in cold water, mix it up well; spread it on a tin sheet very thin. Bake it in the oven or before the fire about half an hour.

THIRD BREAD.

One pint of rye meal, one pint of Indian meal, one pint of wheat flour, half a cup of yeast; mix it up with warm water into a stiff dough; set it to rise eight hours. Bake

it either in loaves or biscuit. Wet the hands in cold water to put it into pans. Bake it in a hot oven forty minutes.

BISCUIT.

Put a piece of butter half the size of an egg into a pitcher, turn in half a pint of boiling water, stir it until the butter is melted, cool it with a pint of milk; take three pints of flour, two large spoonfuls of yeast, half a teaspoonful of salt, mix them together nicely, and set it to rise. The next morning knead it up well with the hands, be sure and get it all off the sides of the pan; put it on to the bread-board and roll it an inch thick, cut it with the biscuit-cutter. Butter your pans, put in your biscuit. Let them bake twenty-five minutes.

For a small family I think it may be about as cheap to buy bread, unless you like stale bread, for you need so little. If you make your bread, bake it when your

fire is good and you are doing other things; to make a fire to bake your little loaf would cost more than to buy it. One loaf of brown bread would be enough for three breakfasts; the first morning hot, the next toast, and the next brewis.

To make brewis, take the crusts of brown or white bread; break them up in small pieces, put them into a saucepan with a little salt and butter and a cup of milk, let this soak over night. In the morning let it boil about ten minutes.

BUCKWHEAT CAKES

Take one pint of buckwheat, half a teacup of fine Indian meal, a teaspoonful of salt, half a gill of good yeast; mix them with warm water enough to make a batter, not very thick, stirring it well. It is best to mix it in a pitcher; set it in a warm place to rise till the next morning. Then rub the griddle well with a clean coarse

dish-cloth ; let it get quite hot, have a piece of pork ready, about two inches square, with a fork in it firm ; rub the griddle over with the pork ; stir up the batter, turn it on in the form of a cake, the size of a small saucer. It takes five minutes to fry them. You will see, as they begin to fry, little holes all over them, as soon as the edges look a little brown, turn them with a broad knife.

CORN CAKE.

Take two cups of Indian meal, one cup of flour, two table-spoonfuls of molasses or sugar, one teaspoonful of soda, milk and water enough to make a batter that will turn into a baking-pan ; bake half an hour.

The above mixture, fried on a griddle, like buckwheat cakes, is very nice ; or omit the molasses if you do not like sweet cake.

CORN CAKE.

Take one pint of sour milk, put into it a teaspoonful of soda, and beat it as you would eggs. Stir into it a pint of meal, one teaspoonful of cream tartar; add the milk, stir them up quickly. Bake half an hour in a tin cake-pan.

WATER MUFFINS.

To a quart of flour put in half a teacup of yeast; one table-spoonful of salt, warm water enough to make a thick batter, beat it together with a spoon, set it to rise eight hours, butter the muffin rings, prepare the griddle as for buckwheat cakes. Set the rings on to the griddle, filling them half full with the batter, bake them about five minutes; then turn them with the rings, or bake them them in the oven fifteen or twenty minutes.

TEA AND COFFEE.

Be sure the water boils ; scald the tea or coffee pot well ; let them get hot, turn out the water. For tea, while the pot is hot put in the tea and a little boiling water, let it stand about five minutes, then add more hot water. I cannot tell how much tea to put in, as it varies so much in strength and kind. You must find out by trying.

For coffee. You will have a pot that holds a quart ; take half a small teacup of coffee, about two inches of salt fish-skin, put both into the pot with a pint of boiling water ; stir it with a spoon, as it may boil over, and you would lose almost all the coffee, as it swims on the top. Boil it five minutes, turn out a cupful and turn it back again, add half a cup of cold water, let it stand ten minutes ; turn it off into the pot for the table. Boiled milk adds very much to coffee.

TO BOIL POTATOES.

Peal them, — two or three hours before time to cook them, — lay them into cold water; wash them out, put them into boiling water, boil half an hour after they begin; turn the water off, sprinkle a little salt over them, leave the cover of the pot half off, let them stand and dry about five minutes.

SOUPS.

In winter you can save all the bones and bits of meat, and put them to boil once a week. Put in an onion, a carrot, and a turnip, boil it five or six hours ; strain it, add a cupful of tomato, a little sugar, thicken it with a little ground rice.

In the spring you can buy a shin of veal for twelve and a half cents, it will make soup for two or three days.

Take a good sized shin, put it into four quarts of water, and a spoonful of salt ; let it boil six hours, add more water if it boils away ; have three quarts when done, and strain this into an earthen pot or pitcher. The next day take off the fat ; take one quart, put it into a saucepan, cut up a small onion, a carrot, and a turnip, into small pieces about the size of dice ; put them into the soup, let it simmer until the

vegetables are done, about an hour. This is white vegetable soup.

VERMICELLI SOUP.

Take a quart of your stock, one onion and one carrot, cut in quarters; one turnip cut in halves, half a cup of vermicelli, let this boil one hour, take out the vegetables, send the soup to the table.

WHITE SOUP.

Take the last quart of your stock, add a little onion, a stalk of celery cut small, and a very little mace, let it boil one hour. Strain it, put it back in the saucepan; mix a table-spoonful of arrowroot in a little water, put it into the soup, add a teacup of cream, stir it well. Let it boil half an hour.

A DARK SOUP.

Take a shin of beef, put it on to boil in six quarts of water; boil it six or eight

hours; strain it into an earthen vessel. The next day skim off the fat. Cut up an onion fine, put it into a saucepan with a small bit of butter, stir it round, fry the onion, dredge in a little flour, let it get brown, but not burned. Take it from the fire, add a little salt, pepper, a pinch of cloves, and six whole ones, turn in a quart of the stock, cut a little celery, carrot, and turnip, if you like, a little soy; boil it one hour. This is a good winter soup.

CLEAR BROWN SOUP.

Make it as the above; but strain out all the vegetables. If not quite dark enough, add a spoonful of soy; give it one boil. Serve it with toasted bread, cut in small pieces.

ANOTHER BROWN SOUP.

Make it as the first, leaving the piece of beef in the soup, and taking out the bone.

FISH.

FRIED SMELTS.

Split them just far enough to clean them, lay them in salt and water, and let remain ten minutes; then wash them clean, wipe them dry; have ready one egg, beat up in a plate and some cracker crumbs in another plate; put about one pound of lard into the frying-pan, set it on the fire until it is very hot; dip the smelts into the egg, roll them in the crumbs, and put them into the boiling fat; fry them a light brown; serve them hot with drawn butter. Strain this fat into a small pot to use again for the same purpose.

BROILED MACKEREL.

Split it down the back, sprinkle it with a little salt at night; the next morning wash off the salt, wipe it dry, and broil it before

a quick fire; put the outside to the fire first. When done, spread over it some butter, and send it to the table very hot.

BAKED SHAD.

Cut the fish down from the gills about six inches; take out the inwards, wash and scrape it clean, taking off all the scales, wipe it dry; make a dressing of bread-crumbs, a little chopped parsley and pork, pepper, salt, and butter; fill up the shad with the stuffing, sew it up and lay into a baking-pan; lay on it some thin slices of pork or bits of butter, dredge on a little flour, bake about forty minutes; when done, dish the shad, then add to the gravy a piece of butter, some pepper and salt, and a little hot water; give it one boil and turn it over the fish; garnish with parsley.

BROILED SHAD.

Scrape and scale a shad; split it down the back, wash it clean, wipe it dry, lay the flesh side on to the gridiron, broil ten or fifteen minutes, then turn it skin down, broil ten minutes; dish it, and rub it over with a little sweet butter; serve hot.

STEWED LOBSTER.

Take out all the meat and soft part from the body and cut it into small bits; put them into a saucepan with two cups of white stock, a little mace, cayenne, and salt, dredge in some flour, some bits of butter, and stew it about ten or fifteen minutes; stir it frequently, and when done, add a little vinegar or white wine.

FRIED OYSTERS.

Take large oysters, wash them clean out of the liquor, wipe them dry, dip them in eggs and crumbs, and fry them in hot fat.

STEWED OYSTERS.

Wash a pint of oysters; let the liquor stand and settle about ten minutes, strain it through a fine sieve into a saucepan; add one third as much cold water as liquor and a piece of butter half the size of an egg; traid into it a little flour or cracker-crumbs, and stir this into the liquor; add a little cayenne pepper and mace, if liked, and boil this up; add the oysters. Toast a couple of crackers and butter them a little; lay them into the the dish, and pour the oysters on to them. Before dishing, add a little white wine or vinegar.

MEATS.

BEEF PIE.

Take cold roast beef or steak, cut it into thin slices and put a layer into a pie-dish. shake in a little flour, pepper and salt, cut

up a tomato, (if you have it,) or onion chopped very fine; then another layer of beef, and seasoning, and so on until the dish is filled. If you have any beef gravy, put it in; if not, a little beef drippings, and water enough to make sufficient gravy. Have ready some potatoes, well boiled and mashed, a cup of milk or cream, and a little butter and salt; spread it over the pie as a crust an inch thick; brush it over with egg, and bake it about twenty minutes.

VEAL CUTLETS.

Fry out some pork; wipe the slices of veal dry, put them into hot fat, and fry them to a nice brown. Serve with horse-radish.

BROILED VEAL.

Take a slice about half an inch thick, broil it very slowly, as veal should be well cooked; season it with butter, pepper, and salt.

VEAL OLIVES.

Cut slices of veal from the fillet about half an inch thick, and four inches square. Have ready some cold or raw veal chopped fine, and stale bread crumbs, seasoned with mace, pepper, salt, sweet herbs, and a piece of butter; drop in an egg, mix this all together well; lay the dressing on the veal, sew or skewer them up tight in the form of olives, lard them with salt pork; lay them into a baking-pan with a cup of hot water; let them bake about an hour, basting with flour frequently. In dishing them place two or three on a dish. To make the gravy, add a good piece of butter, a little flour, pepper, and salt; give it one boil, turn it on to the olives; garnish with parsley and lemon.

MINCE VEAL.

Take cold roast or boiled veal, and chop it very fine; season it with pepper and salt.

If you have any cold gravy, put it with it; if not, butter will answer; heat it very hot, stirring it often that the gravy may not oil. Serve it on slices of toasted bread, and garnish with lemon.

FRIED PORK-STEAK.

Fry a few slices of salt pork, take them out of the frying-pan; dredge a little flour over the steaks, and a little pepper and salt; fry them fifteen or twenty minutes slowly. Slices of apple fried in the fat are very nice to eat with the pork.

FRIED PIGS' FEET.

Make a batter with a little flour, water, and a little salt. Dip the feet in to cover them. Have your fat hot, and fry them until quite brown. Make a little drawn butter, and add a teaspoonful of vinegar to serve with them.

ROAST HAM.

Spit a ham, set it before a moderate fire to roast about two hours, turning the spit frequently; then take it up on to a dish, peel off the rind, scrape all the fat out of the roaster, put the ham to the fire to roast again about two hours more, basting it frequently in the same way as beef. To make the gravy, put the drippings from the roaster into a saucepan, add a cup of water, a little flour, and give it one boil. Serve in a sauce-tureen. A roasted ham is far superior to a boiled one.

BREAKFAST DISHES.

BROILED.

Beef-steak.
Mutton-chops.
Chickens.
Liver, calf's or beef.

Ham and dropped eggs.
Codfish, as scrod.
Salmon, fresh or smoked.
Mackerel, fresh or salt.

FRIED.

Smelts.
Perch.
Cod.
Ham and eggs.
Sausages.
Salt pork and potatoes.
Fish-balls.
Mush.
Broiled herrings and salt cod.

The under part of a cold ham grated fine is a very nice relish with breakfast.

Spread a piece of bread with butter, drop on to this a soft-boiled egg, strew over it a little grated ham, add a little salt, pepper, and a small bit of butter.

Mince-fish and potatoes; salt fish; eggs;

scrabbled eggs; dropped eggs; poached eggs; omelet; minced corned-beef and potatoes.

SIMPLE PUDDINGS.

MINUTE PUDDING.

Put a pint of milk into a saucepan to boil, mix a teacup and a half of flour with a little milk to make a thickening, when the milk boils stir in the thickening until it is perfectly smooth, have ready an egg beat up, stir it in, do not let it boil again but turn it on to your dish. Serve with sweet sauce or butter and syrup.

COLD CUSTARD, OR SLIP.

Warm a pint of milk, sweeten it, flavor it with a little peach or vanilla, stir it well, put into the dish you are to serve it in; turn into it a large spoonful of rennet wine,

stir it up, set it away to cool. Serve it with cream and sugar, or, if it is sweet enough, it is very good without either.

To prepare rennet wine; get a dried rennet from the butcher for twenty-five cents, cut it in small pieces, put it into a bottle, fill the bottle with common Sicily Madeira wine, cork it tight. This will last for two years.

SAGO AND APPLE PUDDING.

Peel and core four good greenings, as the best for cooking, put them into a dish just large enough for them to set close together, fill the place that the core has left with sugar and a very little cinnamon; put four large spoonfuls of sago in a pitcher, wet it with cold water, then turn in about a pint of boiling water, stirring it well, let it stand two hours to swell, then turn it on to the apples; set it into the oven and let it bake an hour and a half. This is nice served with sugar and cream.

BOILED RICE PUDDING.

Take half a large cupful of rice, wash it clean, put it into a saucepan with a pint of water, let boil twenty minutes, then add half a pint of milk; let it stand with the cover half off until the milk is absorbed. Put a little milk into a pint bowl, rub it round to prevent the rice from sticking; put the rice into the bowl to form it, turn it on to your pudding-dish. Serve it with sweet sauce, syrup, and butter, or butter and sugar.

BAKED RICE PUDDING.

Butter a dish; take a gill of rice, wash it clean, add half a teaspoonful of cinnamon, a pinch of salt, half a cup of molasses, and a quart of milk. Bake it three hours.

BAKED RICE.

Take half a cup of rice, boil it the same as for boiled rice pudding; add three eggs,

a very little spice, a pint and a half of milk. Bake it one hour.

BOILED BATTER PUDDING.

A pint of milk, three eggs, four spoonfuls of flour, beat this well; put it into a small mould, or tie it up tight in a cloth. Boil it an hour and a half. Serve it with sweet sauce.

Baked Sunderland puddings made in the same way, only bake them in six little brown pans that come for the purpose. Fill them half full; bake them about twenty minutes.

CAKE.

SEED CAKE.

Six cups of flour, three cups of brown sugar, one teaspoonful of dry cream tartar, sifted together; warm one cup of milk and

one of butter together. Add one cup of sour milk, one teaspoonful of saleratus, beat into the milk until it froths, — three eggs well beaten, and half a cup of seeds. Mix this all together with the hands, and roll it thin ; cut it in rounds. Bake fifteen minutes.

SODA JUMBLES.

One quart of flour, two teaspoonfuls of cream tartar, one teaspoonful of soda stirred into the flour, two cups of sugar and one of butter rubbed together ; cold milk enough to make a dough just stiff enough to roll and cut into jumbles. Bake as soon as made, in a quick oven. When rolled in sugar, instead of flour, they are much nicer.

SOFT SUGAR GINGERBREAD.

One cup of butter and two of sugar beaten together, one cup of sour milk, one teaspoonful of soda, four eggs, five cups of

flour, and half a cup of yellow ginger. Bake it in thin pans thirty minutes.

HARD SUGAR GINGERBREAD.

One cup of butter, two of sugar, three eggs, one cup of sour milk, half a teaspoonful of soda, half a cup of ginger, and flour enough to make a stiff paste. Roll it in sugar as thin as possible on tin sheets; mark in squares with a cake-cutter, and bake very quickly.

SODA GINGERBREAD.

Two quarts of flour, two teaspoonfuls of cream tartar, one teaspoonful of soda, three cups of butter, four of sugar, one of yellow ginger, and milk enough to make a stiff paste to roll very thin. Butter the tin sheets, and roll the paste on them very thin. Cut in squares and bake quickly.

HARD MOLASSES GINGERBREAD.

One pint of molasses, half a pound of butter, one cup of sour milk, two teaspoonfuls of soda, one cup of ginger, one table-spoonful of cloves, the rind of one lemon, and flour enough to make a stiff paste. Butter the tin sheets, roll the cake on them with fine brown sugar, as thin as possible, and bake quickly.

SOFT MOLASSES GINGERBREAD.

One coffee-cup of molasses, one cup of sour milk, one teaspoonful of soda, a piece of butter the size of an egg; stir all this together, add a large spoonful of ginger, and flour enough to make it as thick as you can turn it into the pans; mix it with your hand wet in a little milk. Bake it about half an hour. Try it with a knife or straw; if it does not stick, it is done, if not, set it to bake into the oven a little longer.

BUNNS.

Two quarts of flour, one quart of warm milk, quarter of a pound of butter, and half a teacupful of yeast; mix this into a dough and set it to rise three or four hours. Beat up four eggs, half a pound of sugar, and one teacupful of currants; mix this into the dough, and set it to rise again two hours. When very light, make the dough into small bunns; set them very close together in tin pans and let them rise. When all of a sponge, brush the tops with a little milk and molasses mixed. Bake them in a quick oven fifteen or twenty minutes.

RAISED DOUGHNUTS.

Two cups of sugar and six cups of flour sifted together, one pint of milk, and a piece of butter the size of two eggs, warmed together, and spice to the taste; add half a cup of good yeast; mix all this into a stiff dough, and set it to rise four or

five hours. Roll it thin, cut in any shape, and fry in hot lard.

WEBSTER CAKE.

Five cups of flour, three cups of sugar, one cup of butter, one cup of milk, two eggs, and one teaspoonful of saleratus. Fruit and spice to the taste, or without fruit. Bake it about half an hour.

SPONGE CAKE.

Six eggs, two cups of sugar, two cups of flour, two teaspoonfuls of cream tartar in the flour, one teaspoonful of soda, wet with a little water, and stirred in the last thing. Bake in a quick oven.

[I could go on and fill a large book, but that is not my object. I think I have said enough to give you a little knowledge to begin with. And, as I have published a book in which you may find all the receipts you can wish for, I will refer you

to that for more variety. I think you will find it as good as any for the use of a small or large family; for I have taken pains to prove every receipt practicable by trial.]

A few more words in regard to washing.

Sort out the clothes, laying the fine into one tub and the coarse in another. Rub on to the collars and wristbands, and the most soiled pieces, a little soap, lay them into the tubs with warm — not hot — water enough to cover them. The next morning squeeze this water out, put the clothes into clean water, wash them clean on the right side, wring them out, turn everything on the wrong side; put them into another water, wash them clean, and wring them dry.

All clothes worn next the skin require boiling. Put them into the boiler and cover them with cold water, boil them about

an hour. The fine pieces lay into a tub, turn on boiling water and let them stand an hour, then add cold water so that you can wash them out of this water; put them into a blue water, rinse them well, and wring them dry. In summer, starch whatever is to be stiff, hang them smooth on the line to dry. In winter, starch them after you bring them in, as you cannot iron frozen starch.

TO MAKE STARCH.

Put half a cup of starch into a small clean saucepan, wet it with a little cold water, mix it very smooth, then turn on about half a pint of boiling water, stirring it all the time; set on to boil about ten minutes, or until it looks perfectly clear.

TO MAKE A BLUE BAG.

Take a piece of cotton cloth, sew it all round except a little space to put in about

six cents worth of indigo blue, sew it up close, and sew on a piece of tape to hang it up by. When you wish to use it, wet it a little and squeeze it slightly. Do not have the water too dark.

FOR AN IRONING CLOTH.

A small coarse blanket, and a cotton cloth over it. For an iron-holder, a piece of carpet covered with bed-ticking is the best, and very strong. Have a coarse piece of cloth for wiping the iron.

TO WASH FLOORS.

Take a pail of not very hot water, a piece of old flannel, or cotton flannel, and a piece of coarse cotton cloth to dry the floor with. If a white floor, use soft soap and sand, if a painted floor, use hard soap. Half wring out the woollen cloth, put on to it a little soap, rub the floor lengthwise of the boards, — rub as large a space at a

time as you can without stretching your arms; rub it hard enough to take off the dirt, then wash out the cloth, take it pretty wet and rub the floor you have cleaned all over. Wring the other cloth dry, wipe the place very dry. Then begin again, until you have the floor all clean. Take some soft soap, and clean your hearth the same way.

TO WASH DISHES.

Have a wooden dish-tub; put a table-spoonful of soft soap into the tub, pour in some very hot water. Wash all the glasses first, and then the silver, — wipe them very dry while hot. Take the dish-cloth for the rest of the dishes, turn them on a tray to drain, wipe them with a dry, clean towel.

CALICOS.

Calico that you fear will fade, first put into rather dirty suds, but not when you have used soda or soft soap, — wash them through this without rubbing on any soap; then wash them in clear water and hard yellow soap, rinse in cold water. Cloth should always be wrung very dry, and shaken out well.

FLANNELS.

They should be washed with hard soap and pretty hot water. If they are new, you must rub a little soap on every part, and wash it very well, as flannels look spotted if you do not get them clear of the sizing in the first washing. Then turn them on the wrong side, give them another washing without as much soap; lay them into a tub, pour on some boiling water, let them stand until cool enough to wring. Have ready a nice, warm, blue water, rinse

and wring them very dry; shake the articles well, press them before quite dry. By this method, flannels will shrink but very little.

BLANKETS.

Put a coarse, clean cloth over a tub, put into it two handfuls of good soft soap, then dip in hot water to dissolve the soap. When you have made nice suds in this way, strain the soap through the cloth; put in the blankets, wash without rubbing much soap on, (use hard soap,) wash it all over until the dirt is all out. Put them into another water prepared in the same way, wash them well to get out all the soap; then make a blue water, with a little hard soap in it, rinse the blankets, wring them very dry; two persons take them by the corners and give them a good shaking.

TO WASH WINDOWS.

Wash them clean with clear hot water and a sponge. Wipe them very dry with a dry cloth.

TO CLEAN KNIVES.

Have a piece of smooth board, about six inches wide, scrape on to it a little fine brick-dust; rub the knives lengthwise until very bright, wipe them with a coarse, clean towel kept for the purpose.

TO CLEAN SILVER, DISH-COVERS, & BRITANNIA.

Wash them clean in hot soap suds; and while wet, rub with whiting wet with a little alcohol or new rum, then rub this with a piece of soft, old cloth, or chamois cloth, until very bright.

TO CLEAN TINS.

Take a little very fine sand and soft soap on a cloth; rub the tins all over very hard;

then have some hot soap suds, wash them clean and wipe them, and set them in the sun to dry; then polish with a dry cloth.

TO CLEAN STEEL OR BRASS.

Use rotten stone and sweet oil mixed; with a woolen cloth rub all the spots off; with a clean cloth rub off all the oil; with dry rotten stone and another clean cloth polish it. If steel is to be put away in summer, after cleaning in this way, take a little clear sweet oil, wipe them all over and wrap them up in paper; this will prevent rust.

A FEW DIRECTIONS FOR A BACHELOR'S MEALS.

The European custom of single gentlemen hiring furnished rooms in which they cook their own breakfast and supper, getting their dinner which is the principal meal at a restaurant or hotel, is fast growing in favor in this and other large cities.

Elegant furnished rooms can always be had, as many families with large houses are glad to take lodgers, but decline to furnish meals. The advantage to the gentleman is perfect freedom and independence.

A few hints as to what apparatus is

needed, and what can be cooked, may prove very acceptable.

There is a small apparatus at Shaw's that may be attached to a gas-burner, to which may be added a tea-kettle that will hold about a quart,

A small saucepan with a cover,

A flat pan,

A coffee-pot, and a few necessary utensils, such as

A flour-box,

A pepper-box,

A salt-box, and a few dishes that circumstances will develop.

To Make Coffee: Be sure that the water boils; put into the filter half a teacup of ground coffee and pour in two cups of water boiling hot, (before doing which, however, pour in some hot water into the pot to heat it and throw it out.)

To Make Chocolate: Fill the saucepan half full of water, let it boil, cut up a small cake of chocolate and put into the water, stir it up until it boils, then add half as much milk as chocolate, and let it boil again, add sugar to your taste.

To Boil Eggs: Fill the saucepan about two thirds full of water and let it boil. For soft-done three minutes, and hard five minutes.

To Make an Omelet: Beat up in a bowl three eggs with a fork, add a little pepper and salt, put into the flat pan a teaspoonful of butter, and stirring it until hot, then turn in the eggs, (and a table-spoonful of milk,) stir this round one minute, and let it harden a little; with a knife lift the edge from the pan and roll it up and slide it out upon a dish.

Scrabbled Eggs: Put a piece of butter one half the size of an egg into the fry-pan, break in three eggs, keep stirring all the time until done, and turn it out quickly.

To Cook Sweetbreads: Put it to boil about ten minutes in the saucepan, take it out and put it into cold water to blanche, then put a piece of butter one half the size of an egg into the fry-pan, a little pepper, salt, and lemon, and turn it over that both sides may be brown.

To Fry Ham: Get a slice from the middle of a ham that is fat, rub the pan over with a little butter, lay the ham in, set the pan on the fire — it will fry in its own fat in about five minutes, turn once, — it will brown that side in three minutes.

To Fry Sausages: Pierce them all over with a fork, lay them in the pan cold; by

the time that they are hot there will be fat enough to fry them, turn them on all sides. It will take from twenty to thirty minutes to fry them sufficiently.

To Fry a Steak: Put a piece of butter one half the size of an egg, or two slices of fat pork, into the pan, lay in the steak, sprinkle in a little pepper and salt, turn it over two or three times; it will cook in about fifteen minutes, — you can add one half a teaspoonful of soy, or walnut catsup, or season it to your taste. When you take out the steak, take the pan from the fire, add the seasoning, stirring it into the gravy, turn it on to the steak; if there is not gravy enough, add a large table-spoonful of hot water, and perhaps a little more butter, — stir it around and turn it on to the steak.

Oyster Stew: Take a pint of oysters, drain the liquor from them into the sauce-pan, add about as much water as you have liquor, put this to boil, and a little pepper and a very little salt; take a piece of butter the size of an egg on a plate with half a table-spoonful of flour, and with a spoon blend them together, and stir this into the liquor and let it boil up, then add the oysters; have two hard crackers, split and lay them into cold water a moment, and drop into the stew; add one half teaspoonful of vinegar, or lemon juice, or a glass of sherry wine.

To Fry Oysters: With a fork take the oysters from the liquor on to a towel to dry, dredge on a little flour and a little pepper; put a piece of butter in the fry-pan, as soon as hot lay in the oysters, — in about two minutes turn them over, for a minute more.

To Fry a Venison Steak: Put a piece of butter into the pan, lay in your venison as soon as hot; turn it once, season with pepper and salt, one half glass of red wine, and spoonful of currant jelly; turn it again, and about two minutes will cook it.

To Fry Mutton-Chop: Take three cuts of fat chop, lay it into the fry-pan, sprinkle a little pepper and salt, and a little flour,—it will fry in its own fat,—turn it two or three times to prevent its getting hard; add a little soy, walnut or tomato catsup, a spoonful.

Stewed Lobster: Cut a lobster in small pieces, put into the saucepan a piece of butter the size of an egg, dredge in a little flour, one cup of hot water, a little pepper and salt, stir it up, put in the lobster, and let it stand about ten minutes. Mix one teaspoonful of curry powder in a little

water, add this, and let it boil up, and it is ready for use.

STEWED KIDNEYS: Put a beef kidney into the saucepan two thirds full of cold water, with a very little salt, let it boil about thirty minutes, take it out into a bowl of cold water, and let it remain about ten minutes; then pick it to pieces with your fingers, — pour the water out of the saucepan, put in a piece of butter one half the size of an egg, and stir it around until it melts, put in the kidneys and one half teacup of hot water, a little pepper and salt, and stir up well, dredge in a little flour and let them stew ten minutes, stirring all the time; add a little catsup or soy to the gravy, cover it up and let it stew about five minutes, when it will be done.

To Broil a Chop or Steak: Put it before a quick fire, broil on each side about seven minutes; have a hot plate or dish, lay the steak on, and put on a piece of butter one fourth the size of an egg, a little pepper and salt, catsup, — a tablespoonful if you like, — and press the seasoning into the steak with a knife.

Cold boiled ham, and tongue, and roast fowl, can always be bought from a restaurant.

Berries of all kinds, oranges sliced in sugar, are delicious and wholesome.

Nice baker's rolls with good butter, a slice of cold ham, tongue, or fowl, and two or three boiled eggs, and two cups of good coffee, makes a delicious breakfast for any gentleman, and is very easily prepared.

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